

# Reduce Reuse Recycle

## Simple things to Live Green

### 1. Replace your old incandescent lights with new CFL lights

- Replace incandescent bulbs with compact fluorescents – they use **75% less energy** and last 10 times longer. Compact fluorescent light bulbs (CFLs) are a good choice for home lighting because they use less energy than incandescent bulbs, produce the same light output, and last up to 10 times longer. Each bulb can save \$40 or more in electricity costs over its lifetime.

### 2. Look for the ENERGY STAR® label

- Did you know that the average home spends about \$1,900 on energy costs every year? Change to appliances that have earned the Energy Star, and you can save \$80 a year in energy costs, while saving the environment. Consider replacing your older model refrigerator, especially if older than 10 years, with an Energy Star refrigerator.

### 3. Power Down

- Use power strips for home electronics and turn off power strips when equipment is not in use. Even when electronic devices are turned off, they use energy. Save over 1,000 lbs of carbon dioxide and \$256 per year. After turning off a computer, power continues to flow to computer peripherals like printers and scanners. The Smart strip power strip stops the energy from being wasted.

### 4. Monitor Your Electricity Usage

- You can cut your energy costs and find out what appliances are actually worth keeping plugged in. Simply connect these appliances to the Kill A Watt EZ, and it will assess how efficient they really are.

### 5. Lower your thermostat in the winter.

- You can save as much as 2 to 3% of the energy your furnace uses just by lower your thermostat 1 degree F, if it's set between 65 and 72.

### 6. Raise your thermostat in the summer.

- You can save as much as 3 to 5% of the energy used by your air conditioner for every degree you raise the thermostat, if it's set between 70 and 82 degrees.

### 7. Save up to 10% of your heating and cooling costs by tightening and insulating your ducts.

### 8. Tune up your furnace and save as much as 5%.

### 9. An air conditioner exposed to the sun can use up to 5% more energy.

### 10. Use your ceiling fans to help cool your rooms.

- Ceiling fans use as little energy as a 60 watt light bulb.

### 11. Install a Natural Light Solar Attic Fan

- Proper attic ventilation can reduce temperatures by up to 50°F.

## 12. Install a Natural Light Tubular Skylight

- Natural Light tubular skylights do not contribute to heat loss or gain, unlike standard framed-in skylights. And did you know that electric lights can add up to 40% of the average heat gain in a home?

## 13. Change Your Cleaning Products.

- When choosing cleansers for the home try to avoid products that are not eco friendly.

## 14. Run Your Dishwasher Only When Full

- Using a dishwasher cleans the dishes better and saves energy and time. It's commonly assumed that washing dishes by hand saves hot water. However, washing dishes by hand several times a day can be more expensive than operating an energy-efficient dishwasher. You can consume less energy with an energy-efficient dishwasher when properly used and when only operating it with full loads.

## 15. When Washing Clothes

- Washing clothes in cold water saves energy and colors. Unlike dishwashers, clothes washers don't require a minimum temperature for optimum cleaning. Therefore, you can use either cold or warm water for most laundry loads.

## 16. Laundry Detergent

- Laundry products contain chemicals and fragrances that can cause skin irritation and are not eco-friendly. Instead use chemical free products that are safe for you and the environment.

## 17. Grass Cutting Options

- Reel Mowers are best for the environment. Reel lawn mowers require no fuel to operate and they produce no emissions. **Electric Mowers** are available for small yards. They are air quality friendly, quiet and do not produce pollution..

## 18. Stop The Drip

- Fix any leaky faucets – one drop per second can add up to 165 gallons of water wasted a month..

## 19. Water Heater Help

- Wrap your water heater with insulation or install an insulating blanket. Insulating your storage water heater tank is fairly simple and inexpensive, and it will pay for itself in about a year.

## 20. Change The Way You Shower

- Reduce hot water use by taking shorter showers. For maximum water efficiency, select a shower head with a flow rate of less than 2.5 GPM. There are two basic types of low-flow showerheads: aerating and laminar-flow. Aerating showerheads mix air with water, forming a misty spray. Laminar-flow showerheads form individual streams of water.

## 21. Change Your Drinking Water

- Use a water filter to purify tap water instead of buying bottled water. Not only is bottled water expensive, but it generates large amounts of container waste. Over 85% of plastic water bottles in the US end up as garbage and take up to 1,000 years to biodegrade. Americans spend nearly \$11 billion each year on bottled water. Save money and the earth by bringing your own water from home in a reusable bottle.

## 22. Buy Gently Used

- Go online to find new or gently used secondhand products such as books, DVD's, clothing, home decor, sporting goods and more. Consider a service like eBay for gently used products or half.com for books, movies and music.

### **23. Go Organic**

- Use natural and organic products and support the environment

### **24. Drink Organic Coffee & Tea**

- Coffee and tea that bear organic certification are more eco-friendly because they are grown and processed without toxic chemicals, are cultivated and harvested in ways that protect sensitive ecosystems.

### **25. Think Recycled**

- Recycling is the reprocessing of old materials into new products, with the aims of preventing the waste of potentially useful materials, reducing the consumption of fresh raw materials, reducing energy usage, reducing air (from incineration) and water (from land filling) pollution by reducing the need for "conventional" waste disposal, and lowering greenhouse gas emissions as compared to virgin production. Buy environmentally friendly products recycled products such as paper, printer ink cartridges and more.

## **Green Your Pets**

### **26. Adopt from a shelter**

- Pet breeders have only one goal in mind—to raise large quantities of purebred animals for profit. Why buy when you can adopt one of the 70,000 puppies and kittens born every day in the United States? Love knows no pedigree. Check out Petfinder.com to find your perfect pet match.

### **27. Swap out the pet junk food**

- Most conventional pet-food brands you find at the supermarket consist of reconstituted animal by-products, otherwise known as low-grade wastes from the beef and poultry industries. Natural and organic pet foods use meats that are raised in sustainable, humane ways without added drugs or hormones, minimally processed, and preserved with natural substances, such as vitamins C and E. Certified-organic pet foods must meet strict USDA standards that spell out how ingredients are produced and processed, which means no pesticides, hormones, antibiotics, artificial preservatives, artificial ingredients or genetically engineered ingredients.

### **28. Use only natural pet-care and cleaning products**

- Don't use toxic-chemical-laced on your cats and dogs. Clean your pet with cleaning products that are eco-friendly and gentle on the planet.

### **29. Tag Your Pets**

- Losing your pet causes extreme emotional distress. Then there's the paper waste from printing out Missing posters, the fuel cost of driving around your neighborhood trying to find them.

## **Green Your Gift Giving**

### **30. Alternative to buying**

- Think of an alternative to buying a product, such as renting a DVD instead of buying it. Shopping with the environment in mind will conserve resources.

### **31. Make a gift of any service**

- You will still reduce material consumption by giving a service of any kind. Such as making a gift of DVD rental service, Netflix or Blockbuster, GameFly game rentals, iTunes download service or Kindle wireless books and Audible Books download service.

### **32. Give a consumable gift**

- Your friend will love your consumable gift twice: once while enjoying the gourmet teas, gourmet coffee, fresh flowers, baked cookies, flavored popcorn, fresh or dried fruits and nuts, gift baskets Hickory Farms gifts, or other consumable gift; and again when they appreciate that your gift leaves them with no guilty conscience about a gift left unused in the corner of their closet.

### **33. Give tickets**

- Give friends and family member's tickets to their favorite concerts or sporting events or StubHub Ticket Gift Certificates

### **34. Think Gift of the Month Clubs**

- It's more fun to receive consumable gifts monthly than just once.

## **Green Your Beauty**

### **35. Cosmetics**

- The biggest issues regarding the cosmetics we use are the unregulated chemicals that are used to make them. Choose cosmetics that have organic and natural ingredients.

### **36. Hair Care**

- Shampoo and other hair products can contain potentially harmful chemicals.

### **37. To tan or not to tan?**

- Chemicals that provide sun protection are also potentially irritating to the skin, and irritated skin is more prone to sun damage. Emerging research also suggests that some of these chemicals are estrogen mimics that persist in the environment and in the body.

### **38. Be kind to the Planet - buy organic products**

- Make sure that the organic product has a certified label. You can look for the Eco-Cert label as well as the USDA Organic seal which is used in 80 countries around the world. Using organically produced ingredients ensures that not only are your cosmetics healthy for the environment, but it also means you don't have to worry about your skin absorbing chemicals.